

**GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION, JAMMU
MUTHI CAMP, JAMMU-181205**

The Chief Education Officer (All)
Jammu Division.

DSEJ/Counselling/ 5058-70

Dated: 21/02/2023

Subject: Monthly Parent Teacher Meet (PTM) on 27th February, 2023 in context with "Role of parents during examination".

Sir,

Apropos the subject cited above, the Parent Teacher Meet for the month of February, 2023 will be held on 27th day (Monday). As per DSEJ academic calendar February-March are categorized as Examination months. Examination is a sensitive period for the child as well for his/her parents.

PTM has become a regular feature in Government Schools of Jammu Division. As a followed precedent every government institution (HSS, HS & MS) will hold a Parent Teacher Meet on 27th day of February, 2023 on the theme "**Role of parents during examination**" along with routine academic and context specific themes.

Therefore, in view of the above all the chief education officers are hereby directed to instruct heads of institutions to organize PTMs on "**Role of parents during examination**" through offline platforms. Tips for parents have been attached in (Annexure A).

Further, proper data regarding the number of parents, learners and teachers participated in the event (in hard and soft copy) should be submitted via E-Mail (counsellingcell-dsej@jk.gov.in) for compilation of divisional report.

Yours Faithfully



(Dr. Ravi Shankar Sharma) JKAS
Director School Education
Jammu

Copy to:-

1. Principal Secretary to Government, School Education Department, Civil Secretariat, Jammu J&K for kind information.
2. Dr. Romesh Kumar, Head Counselling Cell for information and necessary action.
3. I/C Website for uploading it on Website.

ANNEXURE-A

TIPS FOR PARENTS

- Stay relaxed yourself.
- Be calm around your child.
- Be friendly to your child.
- Give them a patient hearing.
- Don't compare your child with others.
- Limit your expectations from your child.
- Motivate him/her by saying positive words.
- Ensure that the child is getting sufficient amount of sleep and nutrients.
- Encourage physical exercise like walk, jog, yoga, meditation etc.
- Be cautious in case you find symptoms in your child like anxiety, depression etc.
- Don't displace your anxieties on them.
- Speak to teachers/counselors/Aao baat karein, tele-counselling helpline no. (6006800068) in case of emergent situation.
- Give patient hearing to issues raised by them.
- Provide congenial atmosphere.
- Be supportive.
- Be their role model.